

# THE LIGHTNING FLASH

SOLDIER and CRAFTSMAN

**January 2017**

**Issue 86**

**The RAEME Association (Victoria) Inc.**  
*Incorporation Reg No. A 0022655Z ABN: 96 873 522 994*  
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**2016 RAV Inc CFN of the Year Brendan Ryan  
being supported by the members of his Unit 105 Wksp Coy**

## PRESIDENT'S REPORT

Janice and I, together with your Committee trust that you shared a Very Merry Christmas with your loved ones and wish you a Healthy, Happy and Safe 2017!

And Yes, I officially retired on Wednesday 14 December 2016 after 42 years' service with the ARes.

Saturday 12 November 2016 saw our Bandiana Chapter celebrate our RAEME Birthday Dinner at the Commercial Club, Albury. The venue was filled to the brim due to their Mega Draw which literally attracts almost every member of their club for this \$40,000 draw!

Congratulations to Grant and the Team who made us very welcome and conducted an extremely successful dinner. Prior to the dinner, a committee meeting was held in the afternoon at the Wodonga RSL. Our guest at the meeting was Rod 'Blades' Gillett who is the President of our Victoria Barracks Chapter.

Three weeks later, on Friday 2<sup>nd</sup> December 2016 saw us celebrate our RAEME birthday. Our dinner was held at the Clayton RSL. BRIG David McGahey was our guest speaker and he also presented the Craftsman of the year award to CFN Brendan Ryan from 105 Workshop Company. Congratulations Brendan!

BRIG David McGahey's talk was both interesting and humorous. Some attendees said to me that they will attend next year if only to hear the Brigadier talk again! The evening flowed smoothly and there was a certain dynamic ambience that kept the 'old and bold' active and talkative well into the night! I extend a personal

Thank You to those who attended and also for your positive feedback.

Our next activity is the 'RAEME Day of Remembrance Service' that will be held at the Shrine of Remembrance on Sunday 5<sup>th</sup> of March 2017 at midday.

I look forward to seeing as many of you as possible at this activity.

**Mike Newbond RFD (Retired)  
President**

## SECRETARY'S REPORT

**Royal Australian Electrical  
and Mechanical Engineers  
(RAEME)**

**75<sup>th</sup> Birthday Anniversary 1942 - 2017  
Friday 1st December 2017**

The RAEME Association (Vic) Inc will be celebrating the 75th Anniversary of the Corps on the 1st December 2017 at the Clayton RSL.

All Members of the Corps are urged to join in the Celebrations of this significant event in the History of our Corps. (This event will never happen again)

It doesn't matter whether you are not current Association Members, serving Full Time, ARES, Retired, all are welcome to join Association Members to celebrate our 75th Anniversary.

**Numbers will be limited to 100,  
Final details will be forwarded closer to the  
night**

**Please enter this most important date  
in your calendar**

The Annual Birthday Dinner was held on 1st December 2016 with 55 attending. While the numbers were disappointing those that attended had an enjoyable night.

Presentations on the night were made to;

- **Brendan Ryan**  
105 Wksp Coy 4CSSB  
Craftsman of the year 2016  
*Presented by BRIG Dave McGahey (Ret'd)  
Representative COL/CMDT  
(it was unfortunate that the OC  
of the Unit was not present)*
- **Andy Turner**  
2016 Life Member  
*Presented by Association President  
Major Mike Newbond*
- **BRIG Konrad Ermert (Ret'd)**  
Association Patron  
Certificate of Appreciation for  
his assistance and advice  
*Presented by BRIG Dave McGahey*

- **WO2 Sean Halley**  
for his contribution to the  
Association Centrepiece and the  
Craftsman of the Year Shield  
*Presented by Association President  
Major Mike Newbond*

**Photos of the Presentations**



*CFN Brendan Ryan being presented with RAV Inc Perpetual Craftsman of the Year Shield by BRIG Dave McGahey*



*Andy Turner receiving his Life Membership from Association President Mike Newbond*



*BRIG Konrad Ermert(Ret'd) receiving the RAV Inc Certificate of Appreciation as Association Patron from BRIG Dave McGahey(Ret'd)*



*WO2 Sean Halley receiving the RAEME Badge Miniature for his contribution to the Association Centrepiece (below) from Association President Mike Newbond*



*The Association Centrepiece*

**The Centrepiece will be made available to Members, RAV Inc Chapters, RAEME Units for Functions, Parades, etc For Further information Contact the Association Secretary**

**Future Functions**

**ANZAC Day & Reunion**

Reunion: Saturday 22<sup>nd</sup> April 2017  
Clayton RSL @ 1130hrs

**Shrine Remembrance & Light Lunch**

Sunday 5th March

**ANZAC Day March 25th April 2017**

**Presidents Lunch**

14<sup>th</sup> May 2017  
Clayton RSL  
Details TBA

### LIFE MEMBER 2017

Nomination Forms for 2017 Life Membership are available from the Association Secretary.

Nominations to be submitted from 1st May 2017 and close on the 21st May 2017 at 1700hrs.

*Note: Further details on Nomination Form*

### RESERVE FORCES DAY

The Victorian Reserve Forces Day Commemorative Parade for 2017 will be held at the Shrine of Remembrance Melbourne.  
Sunday 2nd July 2017



### SPANNER CLUB

*Save the date*

SPANNER CLUB Friday 10 Mar 2017 at the Royal Melbourne Hotel,  
629 Bourke St, Melbourne  
from 1600hrs

Venue near Southern Cross Station,  
next to Defence Plaza.

For members who have not attended these functions, they are a great opportunity to catch up with old mates and to meet other members of the Corps.

Like good fishermen the tales told get better & longer with time

### CRAFTSMAN of YEAR AWARD

*It is unfortunate that despite many requests being made to the SO2 at HOC Cell we had not been advised of the HOC selected winner for the 2016 ARES Craftsman of the year.*

*RAEME Assoc (VIC) then, at short notice, asked for nominations from the two Victorian Units who have CFNs in their units, and after reviewing the nominations, decided that CFN Brendan Ryan was the best candidate to be awarded CFN of the year 2016 for Victoria*



#### Albie Cunningham OAM

22 December 2017

102 Field Workshop 1970 -1971

Past President RAEME Vietnam Veterans  
1989 - 1992

#### Peter Raymond Bassett

15th January 2017

3792877 A, B & C Squadrons

1 Armoured Regiment LAD 1969 - 1970

#### Lillian (Pat) Belfield

4 Dec 2016

Loved wife of John



KEEP  
CALM  
AND

HUG a CRAFTSMAN

**BLUEBELL**  
**RAEME VIETNAM VETERANS**

Vietnam Veterans in 2016 were treated to thirteen Major Events., organized by the V V A A Victoria. Culmination of the year the likes of which we'll never see again.

RAEME Association have recently joined Friends of the National Vietnam Veterans Museum.

106 Field Workshop Unit Association had a most successful Re-Union based at Frankston, with a trip to the Vietnam Museum.

Our last meeting was held at Mail Exchange Hotel in Spencer Street, Melbourne Opposite the Southern Cross Station, which has all forms of transport available. Next Meeting to be in Bairnsdale.

We need to consider attending the RAEME Dinner in November.

At the initiative of the Sapper Association of NSW. there is a tour of the new multi-million dollar School Military Engineering Museum at Holsworthy.

Who For: Anyone interested [ Subject to Security ]  
When: Saturday 25th March 2017.

Timings: Open Day :1000 ---- 1400 Hours  
Where: The SME Museum is just inside the Holsworthy Barracks gates.

Tours: Organised by SME Museum Curator.  
Entry Method: By Car [ Adequate Parking Available  
By Train to Holsworthy Station [ Short Walk ]

Strict Security: All personal attending need to be pre-registered.

Registration and Enquiries: John Hanley 0424 841581 or email to Johnbarb.hanley@gmail.com

RAEME Remembrance Day at the Melbourne Shrine. There are changes to Domain and St. Kilda Roads, to take place. So plan your parking.

**RAEME VIETNAM Unit Reunions**

1 Armoured Regiment LAD A, B, C, Squadrons or  
C 1 Sections 1968-1971  
2017 OCTOBER  
YARRAWONGA

Contact Russell Cunningham Tel:03 5766 2423  
[bungie12@bigpond.net.au](mailto:bungie12@bigpond.net.au)

106 Field Workshop  
2018 20th April Brisbane  
Sunshine Coast  
Contact Phillip Bond [ Budda]  
Tel 07: 3263 8222  
[phillbond@bigpond.net.au](mailto:phillbond@bigpond.net.au)

17 Construction Squadron Workshop  
2017 3th - 8th September  
on the Sunshine Coast -  
Contact Tress Adams  
Tel 07: 5446 4585 Mob 0428 184178  
[tresshar@yahoo.com.au](mailto:tresshar@yahoo.com.au)

1 Field Squadron Workshop  
2017 July 10th  
Cairns Queensland North  
Contact Ross Grant [Drac]  
Tel 07: 4053 6775  
[rossross@westnet.com.au](mailto:rossross@westnet.com.au)

102 Fld Wkshp Reunion  
"Avondale " 601 Bray's Road  
Gannawarra Victoria  
Contact Noel Lake  
Tel 03 5456 9246  
[koonda@activ8.net.au](mailto:koonda@activ8.net.au)



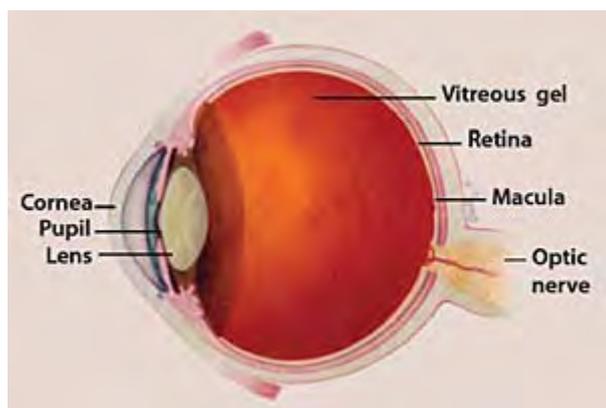
<i>RAEME Association (Vic) Inc Functions 2016-2017</i>		
<i>January 2017</i>	<i>February 2017</i>	<i>March 2017</i> <i>Sunday 5th Shrine</i> <i>Remembrance &amp; Light</i> <i>Lunch</i>
<i>April 2017</i> <i>Saturday 22nd Anzac</i> <i>Day Reunion</i> <i>25<sup>th</sup> ANZAC Day March</i>	<i>May 2017</i> <i>Sunday 14th President</i> <i>Lunch</i> <i>Clayton RSL</i>	<i>June 2017</i>
<i>July 2017</i> <i>Sunday 2nd Reserve</i> <i>Forces Day Parade</i>	<i>August 2017</i> <i>Sunday 27th AGM</i>	<i>September 2017</i>
<i>October 2017</i>	<i>November 2017</i> <i>18th Bandiana Dinner</i>	<i>December 2017</i> <i>Friday 1st 75th</i> <i>Anniversary RAEME</i> <i>Birthday Dinner</i>
<p><i>Note. Venues and Timings will be issued under separate cover</i></p> <p><i>Venues &amp; Dates may be subject to change from time to time</i></p> <p><i>Note Months after August will be subject to the incumbent</i> <i>Committee of Management</i></p> <p><i>Contact the Association Secretary for further details if required</i></p>		

## AGE-RELATED MACULAR DEGENERATION

This information was developed by the National Eye Institute to help patients and their families search for general information about age-related macular degeneration. An eye care professional who has examined the patient's eyes and is familiar with his or her medical history is the best person to answer specific questions.

This will give you a general overview of AMD. You will learn about the following:

- Risk factors and symptoms of AMD
- 
- Treatment options
- 
- Low vision services that help people make the most of their remaining eyesight
- 
- Support groups and others who can help



### What is AMD?

AMD is a common eye condition and a leading cause of vision loss among people age 50 and older. It causes damage to the macula, a small spot near the centre of the retina and the part of the eye needed for sharp, central vision, which lets us see objects that are straight ahead.

In some people, AMD advances so slowly that vision loss does not occur for a long time. In others, the disease progresses faster and may lead to a loss of vision in one or both eyes. As AMD progresses, a blurred area near the centre of vision is a common symptom. Over time, the blurred area may grow larger or you may develop blank spots in your central vision.

Objects also may not appear to be as bright as they used to be.

AMD by itself does not lead to complete blindness, with no ability to see. However, the loss of central vision in AMD can interfere with simple everyday activities, such as the ability to see faces, drive, read, write, or do close work, such as cooking or fixing things around the house.

### THE MACULA

The macula is made up of millions of light-sensing cells that provide sharp, central vision. It is the most sensitive part of the retina, which is located at the back of the eye. The retina turns light into electrical signals and then sends these electrical signals through the optic nerve to the brain, where they are translated into the images we see. When the macula is damaged, the centre of your field of view may appear blurry, distorted, or dark.

### WHO IS AT RISK?

Age is a major risk factor for AMD. The disease is most likely to occur after age 60, but it can occur earlier. Other risk factors for AMD include:

- Smoking. Research shows that smoking doubles the risk of AMD.
- Race. AMD is more common among Caucasians than among African-Americans or Hispanics/Latinos.
- Family history and Genetics. People with a family history of AMD are at higher risk. At last count, researchers had identified nearly 20 genes that can affect the risk of developing AMD. Many more genetic risk factors are suspected.

### DOES LIFESTYLE MAKE A DIFFERENCE?

Researchers have found links between AMD and some lifestyle choices, such as smoking. You might be able to reduce your risk of AMD or slow its progression by making these healthy choices:

- Avoid smoking
- Exercise regularly
- Maintain normal blood pressure and cholesterol levels
- Eat a healthy diet rich in green, leafy vegetables and fish

*(Note: Editor Pat Marley was diagnosed with Age-related Macular Degeneration in April 2016, and has on-going monthly injections in the left eye.)*



### WHAT IS BLOOD PRESSURE?

Blood pressure is the pressure of blood in the arteries as the heart pumps blood around the body. Blood pressure is normal. We all have it and need it to stay alive.

Your blood pressure is always changing. When you are resting it is usually lower. It is often high during exercise and when you become angry or excited.

Blood pressure can be measured by your GP. The result will have two numbers (e.g 120/90). The first (higher) number is the pressure when the heart actually beats and is called the systolic pressure. The second (lower) number is the pressure when the heart rests between beats and is called the diastolic pressure. Your doctor may take your blood pressure several times before deciding if your blood pressure is low, normal or high.

#### HERE IS A GUIDE TO BLOOD PRESSURE LEVELS IN ADULTS:

**Normal - less than 140/90**

**Borderline - between 140/90 and 160/95**

**High - more than 160/95**

**Very high - more than 180/110.**

Blood pressure is normally lower in children and in women during pregnancy. Low blood pressure is generally not a problem. However, it sometimes can be a symptom of a medical problem. Your general practitioner will advise you.

The medical term for high blood pressure is hypertension. About one in seven Australian adults have it. It increases your risk of heart disease, stroke and other heart problems.

The causes of high blood pressure are often unknown. However lifestyle factors such as smoking, being overweight, your diet, alcohol and lack of exercise can increase your risk of high blood pressure.

High blood pressure rarely gives you any warning signs. The only way to know what your blood pressure is, is to have it checked every two years, or more often if your GP advises you to.

### WHAT CAN I DO TO CONTROL MY BLOOD PRESSURE?

- Eat less fat and salt
- Eat plenty of cereals, fruit, fish and vegetables
- Eat less red meat
- Stay a healthy weight
- Exercise for at least 30 minutes on most or every day of the week. If you like, the 30 minutes can be accumulated in shorter sessions of at least 10 minutes.
- Limit alcohol to two glasses per day or less
- If you are given tablets to control blood pressure, take them as prescribed
- Be a non-smoker
- Have your blood pressure checked every two years or as directed by your general practitioner.

For further information you may wish to consult your family GP or contact Vic Health on [www.vichealth.gov.au](http://www.vichealth.gov.au)



# Royal Australian Electrical Mechanical Engineers Association (Vic) Inc

## Annual Shrine Remembrance Day

Sunday 5th March 2017

Sanctuary & RAEME Tree Service 1200hrs

Light Lunch from 1300hrs

A Short Service and Wreath Laying in the Sanctuary followed by  
Remembrance Service at the RAEME Tree and Corps Plaque

All Serving; Retired Members of the Corps, Relatives,  
Friends & Children are invited to attend this day

A most important day to Honour our RAEME mates who are no longer  
with us

Light Refreshments will be Available after the Service. Cost of \$10-00 P/h

For Catering Purposes

RSVP to Alan Rogers by 20th February 2017

PO Box 2118 Fountain Gate 3805

P/No 9704 6700 e-mail; secretary@vic.raeme.org.au



I Will; Will Not \_\_\_\_\_ be attending the Service

I Will; Will Not be attending for Light Refreshments

N° of Guests \_\_\_\_\_ for Light Refreshments

Enclosed is my Cheque /Money Order for \$\_\_\_\_\_ Payable to RAEME Assn (Vic) INC

Please forward your Cheque / Money Order payment to PO Box 2118 Fountain Gate 3805

EFT to Bank a/c at - NAB; BSB: 083 547 Account No: 28634 9442

Record as - RAEME (Vic) Shrine 2017

Please advise your EFT payment details to secretary@vic.raeme.org.au

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3805  
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**ARTICLES FOR PUBLICATION**

This Newsletter is produced by the members, for the members, and is not to be solely one-way communication.

**DISCLAIMER**

The views and articles expressed herein do not necessarily reflect the policy and views, official or otherwise, of this Association.

**Let's hear from you!**

**Deadline for April Flash**  
**Friday 24 March 2017**  
**Items to Pat Marley:**

[webmaster@vic.raeme.org.au](mailto:webmaster@vic.raeme.org.au)



**THE LIGHTNING FLASH**

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**The Secretary,  
The RAEME Association of Victoria Inc  
PO Box 2118 Fountain Gate Vic 3805**

Name .....(Block Letters)

Address .....

Postcode: ..... Ph. No. ....

Email: .....

**POSTAGE  
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